



### **Cabbage roll stew**

This cabbage roll stew has the delicious flavour of cabbage rolls without all the rolling. This stew uses fridge staples including onion, celery, carrots and cabbage. Along with inexpensive pantry staples like tomatoes and rice and finally ground beef. A delicious, easy to make pot of comfort food to feed the family or a crowd.

Prep time: 15min

Cook time 30min

Serves 6

### **Ingredients**

2 tbsp canola oil  
454g lean ground beef  
1 green pepper, diced  
2 celery stalks, diced  
2 carrots, diced  
1 cooking onion, diced  
4 cups chopped green cabbage  
1 tsp dried oregano leaves  
½ tsp garlic powder  
½ tsp salt  
1 ½ cups tomato sauce  
1 tbsp vinegar  
1 tbsp brown sugar  
5 cups water  
½ cup long grain rice  
Salt and pepper to season  
Optional garnish: Sour cream

### **Method**

1. Heat the canola oil in a large pot set over medium heat and add the ground beef. Cook for 6min until it's golden brown. It doesn't have to be fully cooked at this point. Spoon out any excess oil that's accumulated on the bottom of the pot, leaving behind about 1 tbsp.
2. Add the green peppers, celery, carrots and onion and cook, stirring occasionally for 5min. Mix in the cabbage, oregano, garlic powder and salt and cook for another 5min.
3. Stir in the tomato sauce, vinegar, brown sugar and water and bring to a simmer. Mix in the rice and put the lid on. Simmer, stirring occasionally, until the rice is cooked and vegetables are tender, about 15min.

**Tip:** Substitute the tomato sauce for a can of crushed, diced or whole tomatoes.

